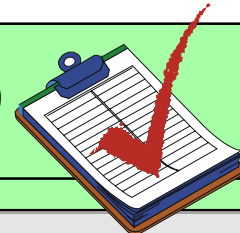


CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

Sept. 4, 2001

NEWS BRIEFS

WEB SITE HITS CONTINUE

The CHS web site is continuing to get attention. During the month of August, 167,777 pages on the site were viewed, the most ever for any month since it was launched in January. If you haven't looked at the site, go to: <http://chs.state.ky.us/>



TIP OF THE WEEK

You may tire more easily than you used to but don't blame it on age. Look at the way you live. Making a few simple adjustments may make a big difference in how you feel. Eat a balanced diet including the recommended daily amount of each vitamin, and drink plenty of water. If you tend to feel tired in the afternoon, opt for a hearty breakfast followed by a light lunch. Don't smoke. Check to see whether any medications you're taking cause drowsiness. Get enough rest, at least six and a half-hours a night. If you wake up tired cut back on caffeine and alcohol. Exercise regularly. Stay active. Depression can leave you feeling sluggish, often during the midday hours. Chronic problems such as heart disease, arthritis, sleep apnea, and asthma can sap energy. If your fatigue lasts longer than one month, see a doctor.

Morgan Named CHS Secretary

Marcia R. Morgan has been named secretary of the Cabinet for Health Services, Gov. Paul Patton announced last week.

Morgan assumed the duties of acting secretary upon the resignation of Jimmy Helton in March. She had previously served as deputy secretary for the cabinet.

"Marcia stepped into the role as acting secretary under difficult times and has more than proven her ability to manage and lead the Cabinet for Health Services. With her vast knowledge of issues impacting Health Services and especially her understanding of the Medicaid program, she has the ability to lead this Cabinet forward in a time of unprecedented chal-



Morgan

lenges," said Governor Patton.

"I look forward to the challenges facing our cabinet," Morgan said.

"This appointment reaffirms the hard work by our employees and the progress we're making in addressing issues impacting our Kentucky families."

Secretary Morgan was named deputy secretary of the Cabinet in April 1999. Prior to that

she was the executive director of the Cabinet's Office of Program Support for three years and administered budget, personnel, contracts, technology, and fiscal operations. She has 20 years experience in state government and is a graduate of the University of Kentucky.



Health Insurance Enrollment This Month

Open enrollment dates for 2002 health insurance plans are Sept. 10 – 28. State employees will receive a series of mailings at their homes from insurance carriers showcasing provider services, available benefit packages and contacts.

The insurance providers will not be presenting health fairs for this open enrollment period. The information normally presented at the health fairs will be included in the mailings sent to each state employee. These mailings will be in addition to your open enrollment packet (Health Insurance Hand-

book, Health Insurance Application, and a Commonwealth Choice Handbook). Open enrollment packets will be available from your departmental timekeeper on Sept. 10.

Some important reminders follow:

- Persons wishing to make any change must complete a new application
- If you waived coverage for 2001, and you wish to waive coverage for 2002.
- You must complete a new

(Continued on Page 2)

Special Needs Retreat Planned For Families

The Commission for Children with Special Health Care Needs will sponsor a Family Professional Retreat Oct. 5-7 at Jenny Wiley State Park near Prestonsburg, in collaboration with Shriners Hospitals, the University of Kentucky College of Medicine Department of Pediatrics, Independence Place, KY SPIN and several other partners.

The focus of the retreat is to provide an opportunity for families of children with special needs and professionals who care for them to explore health care and other concerns.

Besides workshops on health and lifestyle issues, the retreat will

allow families and professionals to join together in a number of recreational activities that are not always easily accessible to families with children with special needs.

The main funding source for the retreat is the Commission's Federal Kentucky Youth Transitioning to Employment and Comprehensive Healthcare (KY TEACH) grant. Family expenses will be paid through scholarships and sponsors. Approximately 50 families and 50 health care providers will participate.

For more information, call Lee Gordon at (502)595-4459, ext. 268.



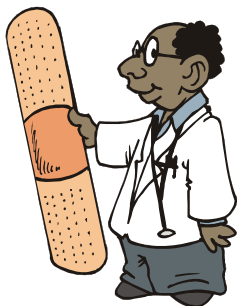
Health Insurance Enrollment In September

(Continued from Page 1)

application each year. Failure to complete a new application will result in the employee being automatically assigned single coverage for 2002.

- Employees wishing to participate in commonwealth choice health or dependent care spending accounts must complete a new flexible spending account application for the year 2002.

- Twice monthly payment deductions are available for all plans and coverage levels, if you currently



have a once per month deduction and you wish to take advantage of the twice monthly option you must complete a new application.

- Employees with couple cross-reference coverage may find two single plans less expensive.

- All state employees living outside of Kentucky but working in Kentucky must choose a plan available in their work county.

Call your departmental time-keeper office, facility personnel office, or the office of Public Employee Health Insurance for more information.



Sickle Cell Awareness Month in September

September is National Sickle Cell Awareness Month. Sickle Cell Syndromes are a group of genetic disorders that affect 1 in every 400 African-Americans in the United States.

One out of 12 African-Americans are carriers of the Sickle Cell gene. Though prevalent in African-Americans, the disease also affects individuals from the Mediterranean, Caribbean, South and Central America, Arabia, and the East Indies. The disease affects the part of the red blood cell called Hemoglobin, which carries oxygen throughout the body.

Early diagnosis and penicillin treatment for infants by 2 months of age is necessary for effective management of the disease. The Kentucky Sickle Cell Program, administered by the Commission for Children with Special Health Care Needs, seeks to provide outreach and care coordination to all infants affected by sickle cell syndromes identified through the Kentucky Newborn Screening Program.

The Kentucky Sickle Cell program provides comprehensive treatment from birth to age 21 by providing nursing, clinical and case management services, genetic counseling, social services, family, professional and community education. Two clinics for treatment exist currently in Kentucky, in the east and west regions of the state.

For more information, call:

Linda Vanorio
Nurse Coordinator, Lexington Office
Phone: 859-252-3170
Toll Free 800-817-3874

Deborah Basemore
Nurse Coordinator, Louisville Office
Phone: 502-562-4378
Toll Free 888-220-6513



The CHS Checkup is a newsletter for employees of the Kentucky Cabinet for Health Services. Please direct contributions or comments to the Office of Communications, 502-564-6786. View newsletters at the CHS website at: <http://chs.state.ky.us/> Printed with state funds.

